

ABSTRACT OF THE DISCLOSURE

Figure 1 illustrates the experimental design flow. It begins with a Pre-test of 100 participants, from which 10% dropped out, leaving 90 for the Training phase. Another 10% dropped out during Training, leaving 81 for the Post-test. A final 10% drop-out occurred between the Post-test and Follow-up, leaving 73 participants. These 73 participants were then divided into two main groups: a Control group (33 participants) and an Intervention group (33 participants). The Intervention group was further subdivided into an Intervention subgroup (16 participants) and a Control subgroup (16 participants).